



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

"To the world you may be one person. But to one person you may be the world." ~BeClose

Caregiver Tip: Online Resources

Finding trusted resources can be challenging in a time when fraud is a great concern. [HealthIT.gov](http://www.healthit.gov/patients-families/find-quality-resources) (www.healthit.gov/patients-families/find-quality-resources) provides seven questions that can help you determine if a resource can be trusted. Here are resources that we have tested and found to be useful.

- Division of Aging and Adult Services: www.alexandriava.gov/Aging
This resource center provides information and resources for senior and disabled adults in Alexandria City.
- Senior Navigator: www.seniornavigator.org
This web site offers information on aging well, caregiving, and financial resources.
- Virginia211: www.211virginia.org/consite
This is a helpful tool to find resources throughout the state of Virginia.
- Alexandria eNews: <https://member.everbridge.net/index/1332612387832027#/login>
Keeps you informed of emergency alerts and City information covering nearly 100 topics.
- Call Click Connect: <https://request.alexandriava.gov/CCC/#tab=Find>
Will help you locate local resources, connect with elected officials and make requests for City services by phone or Internet.

Caregiver Support Group
Wednesday, Feb. 1, 2017
4—5:30 p.m. at the
Alexandria Adult Day
Services Center

Resources:

Medicare Advantage disenrollment period ends February 14, 2017: Beneficiaries who are enrolled in a Medicare Advantage plan can leave the plan and switch to Original Medicare and select a Part D prescription plan. If you need help with this process, contact a VICAP Counselor at the Division of Aging and Adult Services at 703.746.5999.

For questions, comments or to remove your name from our mailing list, please email pamela.austin@alexandriava.gov or call 703.746.5738.



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